Informant:	**LMP-S7**	**Mini DV**
Date:	**5-23-01**	**Spanish**
Interviewer:	**Claudia Hernandez**	
Transcriber:	**?**	
Revised:	**Reyna Ronelli**	

Interviewer: Ok, so today I want to start by asking you about some illnesses. For example, what would you recommend for stomachaches?

S7: Well for a stomach ache the best thing you can take is a tea called "Azteca Azteca" which is good for the stomach.

C: It's a tea that comes in a box?

S7: yes.

C: And this tea do you sell it?

S7: We have it here. You can buy it in other botanicas - that could help you a lot.

C: Would you happen to know what the tea is composed of, what herbs it contains

S7: No, I don't know that but it already comes prepared with a combination of different herbs.

C: For coughing, what do you recommend?

S7: For coughing we have something that comes in liquid form. You know the liquid cough syrups already have their own chemicals, right?

C: Yes.

S7: We have the "Ozomulcion" which is good for the cough. There is one for kids and one for adults.

C: That is a cough syrup (jarabe)?

S7: Yes. There is one called "Las tres Eses". It is very good and can also be used as a vitamin supplement but it is a liquid.

C: Is that a pharmaceutical?

S7: Yes, it is a pharmaceutical. On the other hand herbs are not! Because herbs are…there is an herb called…called…I don't remember exactly its name, eucalyptus (eucalypto)! You boil it like a tea and you also use a small branch of Valerian (Valeriana) so that it can begin to de-toxify.

C: When you do not have the cough?

S7: Yes, so that it doesn't harm the person. You can boil and use it when a person suffers from the Bronchioles and is experiencing a lack of oxygen, then you bring some laurel (laurel) and eucalyptus (eucalypto) to a boil in a pot and that's very good.

C: How much laurel?

S7: Well, at least a little bit.

C: And eucalyptus?

S7: The same - half and half, so that the person no longer suffers from that because there are some that can't even breathe. Their nasal passages are plugged up and this will help a lot.

C: How many times in one day?

S7: Only at night, because everybody is trying to go to sleep then and that helps a lot, you know.

C: About how many days would you say the treatment lasts?

S7: You can continue with the treatment until the person gets better.

C: So it depends?

S7: Yes, sure.

C: And for a cold?

S7: For a cough, what you can do - it's really an incredible thing but for a cough you can use the mango fruit. You take the mango and you roast it, and when it's well grilled you peel it and you eat it. That is a magnificent remedy for a cough.

C: Do you eat the rind?

S7: The inside. It's a magnificent remedy.

C: Do you eat it in the day or at night?

S7: However.

C: Until you get better?

S7: Yes.

C: Does it have to be a ripe or green mango?

S7: A ripe mango.

C: And for the nerves?

S7: For the nerves the thing you could use is valerian (**valeriana**), (**siete azahares**), linden flowers (**flor de tilo**). There are many things for that.

C: Do you recommend that the person make a tea with all of those herbs together?

S7: Yes, sometimes if you see that the problem is chronic, but not generally. You would use each thing individually because sometimes the tonsils (amigdalas) are damaged, and infected so you give the person oxygenated water in a little bit of warm water and the person gargles with the oxygenated water.

C: For your nerves?

S7: No! For the tonsils (amigdalas). But for the cough or the nerves, like I tell you, you use that stuff and the (nerbina). It's all used for that.

C: How many times a day does a person use this?

S7: Before going to sleep.

C: When babies have colics?

S7: That's a problem because kids will only cry and they can't tell you where it hurts but in that case what you have to give them, since they are babies and you can't give them a lot, so you take spearmint (yierba buena), you liquify it and you give them about an ounce or half an ounce so that they can burp. The Spearmint (yerbabuena) is good for that. It makes them burp. Sometimes they get indigestion (cientillos???) and it all comes out in case there is an infection.

C: To make this concoction how much spearmint (yierba buena) in ratio to water do you use?

S7: To mix it you can put half a cup of water or one-quarter of a cup, so that you can boil the spearmint (yierba buena) and you can put in some honey. The spearmint makes them burp and well there goes the air.

C: Do you blend it before giving it to them?

S7: No, No! You only boil it like a tea.

C: For a fever?

S7: What you can do is you can use ice wrappings (lienzos de hielo) on the forehead to get rid of the fever. Generally, when a person has a fever they eat ice cream, right? That takes away the fever.

C: What exactly are "lienzos?"

S7: Lienzos are towels with ice, "lienzos" of cold water.

C: Do you keep using them until the fever goes down?

S7: Yes.

C: What about for ear pain?

S7: The best thing you can do for ear pains is you take a little bit of Florida water (agua Florida) and a little bit of rue (ruda), you dissolve the rue in the Florida water and you place little plugs in your ears. You do not put it inside! For the ears there is a liquid called, activator (activador), but sometimes it helps and sometimes it doesn't. It depends on the person. If a person has a very strong pain it may not help them and it may be necessary that they go to the doctor. When the pain is minor you just put in the plugs and that's it.

C: How many days should you use the plugs?

S7: At least one day.

C: For "empacho" (indigestion)?

S7: For that you need a good massage (sobada) from someone that knows. After the massage you have to lift up their skin and that hurts and leaves you bruised.

C: On the stomach?

S7: The entire body! - From the head to the toes. You pull on the phalanges. When the massage is done the person is given a purging agent (purgante) so that the person can get rid of everything.

C: What exactly is "empacho" (indegestion), what causes it?

S7: It causes irritations in the stomach and also fevers.

C: But why do people suffer from "empacho" (indegestion)?

S7: Because of foods that are not good, especially old foods. This is not good. Because let me tell you, that at the most, you can keep food for a day and half or two. Since you open and close the fridge the food begins to collect bacteria you know.

C: So after two days you need to throw it away?

S7: Yes. When I cook I make exactly what we are going to eat that day so that I don't have to throw away any food because it's a sin to throw away food. It's a good thing to keep control over your food and from there you can prevent "empacho" (indegestion) and the infections in your stomach.

C: Is there a difference in treating a small child and an adult of "empacho" (indegestion)?

S7: Of course it's different!

C: What do you do differently?

S7: Well the same, you give them a massage (sobada) and you give them a purgative (purgante) so that it comes out. Us adults we deal better with the tossing around than children.

C: What is a good purgative (purgante) for adults?

S7: For adults there is-what I recommend sometimes is that if they are going to take a purgative, they take golden seal (cello de oro). You use two little bags of this in boiling water, you put it in a yellow bath (baño amarillo), you put the little bags in the cup, you pour the boiling water in and you put a lid on the cup. You leave it there so it dissipates and when it does you put some honey, because that's how you drink that and for those that are weak of the stomach, in about one hour and half they will be going to the bathroom, but that is a good for 'indegestion' (empacho).

C: And it's a tea right?

S7: Yes.

C: And you can find it here in the US?

S7: Yes, in all Botanicas and in the pharmacy as well.

C: Is there a difference between Empacho and indegestion? Are they the same?

S7: It's almost the same, bad indegestion is because you eat fast and you don't digest well, you go around where you feel it's still in your throat, that's different.

C: How do you treat indegestion?

S7: You just have to walk until the food goes down and to not eat mixed up. Like if you eat food and you are drinking water, that's bad, first you eat then at like five minutes you begin to drink, because that's going down like water with the food and all.

C: For Diarrhea?

S7: Look here, for Diarrhea…it's very delicate, it's when there is a lot of water in the intestine, so it's 'cleaned' in there, because sometimes the person does not eat solid things and you have to eat solid things so that the intestine work, because if we pour only liquid that is where…when the person goes to eat it comes out like diarrhea, why? Because only water exists, it's good to eat to maintain the system good.

C: What type of food are the most adequate to keep your system good?

S7: Well, the most important is when someone feels sick to the stomach, that doesn't retain anything, you can make 'gruel' (atoles) of wheat, rice, because you can boil the rice and blend it and then that gruel (atol) you drink to begin to get the stomach back in gear, there are some to stop up, they give them Starch (almidon) but that's bad!

C: Why?

S7: Because Starch (almidon) has a tendency to stop up and it's dangerous because then you cant go (notS7: to the bathroom) and then the infection gets all accumulated.
C: I think we can stop today since you are tired.

S7: Sounds good, then you know will do little by little we'll finish your report and it will help you a lot.